

JOURNAL PLANNING SUPERSHEET

MY JOURNAL IS FOR...

My journal is for...

(check all that apply)

- Self care
- Self compassion
- Tracking moods
- Tracking energy
- Goal setting
- Weekly planning
- Monthly planning
- Creative outlet
- Tracking water
- _____
- _____

It will include...

(check all that apply)

- Yearly calendar pages
- Monthly overviews
- Weekly pages

& have sections for:

- _____
- _____
- _____
- _____

MY ROUTINE

I will use it...

- Monthly
- Weekly
- Every few days
- Daily
- Twice daily
- More than twice daily

And I will keep it in a good spot:

TYPE OF JOURNAL:

Paper type:

- Dot grid
 - Grid
 - Plain
 - Lined
- OR**
- Premade Planner

Binding type:

- Layflat
- Ring bound
- Traveler's notebooks

STYLE (CONTINUED ON PAGE 2)

Mark on the continuum where you'd like your notebook to fall, then use the space at the bottom if you want to elaborate.

ARTSY ←

→ minimalist

JOURNAL PLANNING SUPER-SHEET (CONTINUED)

Feel free to pick and choose ideas from either style. Your journal is *yours* to customize however you want.

ARTSY

- Colorful pens
- Markers
- Colored pencils
- Crayons
- Paint
- Stickers
- Stamps

MINIMALIST

- Black pen
- Blue pen
- Pencil
- Highlighter
- Bookmark:
- Paperclip
- Binder clip
- Sticky note

THEME IDEAS:

COLOR-CODE SWATCH:

color	meaning	color	meaning

Additional notes:
